



IS IT A **COLD** OR THE **FLU**?

COLD

Rare

Rare

Slight

Quite mild

Never

Common

Usual

Common

Mild to moderate

Hacking cough

SYMPTOMS

Fever

Headache

Aches/Pains

Tired/weakness

Extreme exhaustion

Stuffy nose

Sneezing

Sore throat

Chest discomfort

Cough

FLU

High (102-104°F)
lasting 3-4 days

Prominent

Usual; often severe

Lasts 2-3 weeks

Early & prominent

Sometimes

Sometimes

Sometimes

Common

Can become severe

Sinus congestion/
Earache

None

Only temporary
Relief of symptoms

Complications

Prevention

Treatment

Bronchitis or
pneumonia

Annual vaccination;
anti-viral drug

Anti-viral drug 24-48
hours after onset of
symptoms



"Committed to the protection and promotion of public health."

Gallatin City-County Health Department